

## RESULTS Q.M.A.

17/01/09 SATURDAY

QSAC MAIN STADIUM

**LADIES****60 METRES**

W40	1	D.Beikoff	12.70
W45	1	T.Barr	10.15
W50	1	D.Quinn	10.08
	2	A.Lawlor	10.75
W55	1	J.Bell	10.61
W60	1	J.Hampson	10.69
W65	1	L.Hamilton	10.75
W70	1	A.Horsnell	10.76

**100 METRES**

W30	1	C.Harvey	17.51
W40	1	J.Brims	12.92
W45	1	P.Kwok	15.65
W50	1	D.Quinn	16.38
	2	A.Lawlor	17.90
W55	1	J.Bell	17.21
W60	1	M.Allison	16.02
	2	J.Hampson	17.28
W70	1	A.Horsnell	17.71

**200 METRES**

U30		C.Gibson	34.88
W30	1	C.Harvey	38.53
W40	1	J.Brims	25.85
W45	1	J.Kirby	32.81
	2	P.Kwok	33.17
	3	T.Barr	38.86
W50	1	A.Lawlor	37.69
W55	1	J.Bell	36.06
W65	1	L.Hamilton	38.48
W70	1	A.Horsnell	38.78

**300 METRES**

U30		C.Gibson	56.31
W35	1	J.Schubert	49.25
W40	1	J.Brims	43.98
W45	1	L.Bateson	59.07
	2	J.Kirby	57.26
W55	1	J.Bell	59.75
W60	1	I.Davey	63.25

**800 METRES**

W35	1	J.Schubert	2.46.38
W40	1	P.Brown	2.37.95
	2	M.McWhirter	2.40.84
W45	1	K.Lakin	2.47.35
	2	L.Bateson	3.10.23
W60	1	M.Allison	2.55.14
	2	I.Davey	3.34.99

**5000 METRES**

W40	1	G.Banaghan	18.16.48
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**5000m TRACK WALK**

W65	1	S.Lynch	36.49.57
	2	N.McKinven	37.25.31
W75	1	C.Dauphinnet	38.45.12

**4 x 200m RELAY**

W35	1	J.Brims, K.Lakin P.Brown, J.Schubert	1.59.31	QR
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**LONG JUMP**

W30	1	C.Harvey	2.75
W35	1	Z.Watson	2.64
W50	1	D.Quinn	3.43
W60	1	J.Hampson	3.38
	2	M.Allison	3.20

**HIGH JUMP**

W45	1	P.Kwok	1.30
W50	1	D.Quinn	1.15
W60	1	M.Allison	1.20

**JAVELIN THROW**

W30	1	C.Harvey	16.72
W35	1	R.Franke	18.26
	2	Z.Watson	13.11
W40	1	D.Beikoff	16.66
W45	1	P.Kwok	19.06
	2	T.Barr	14.22
W50	1	D.Quinn	19.88
W55	1	W.Perkins	22.12
W60	1	M.Allison	16.51

	2	J.Hampson	16.08
W65	1	L.Hamilton	17.41
W75	1	H.Doherty	17.00

**DISCUS THROW**

U30		C.Gibson	14.05	vis
		Paris	10.59	vis
W30	1	C.Harvey	20.14	
W35	1	Z.Watson	16.39	
W40	1	D.Beikoff	12.49	
W45	1	L.Bateson	19.24	
	2	T.Barr	18.18	
W65	1	L.Birtwell	21.00	
W75	1	H.Doherty	23.01	

**SHOT PUT**

W30	1	C.Harvey	7.78
W35	1	R.Franke	7.42
	2	Z.Watson	5.56
W40	1	D.Beikoff	5.76
W45	1	L.Bateson	6.76
W55	1	W.Perkins	8.55
W65	1	L.Birtwell	6.99
	2	L.Hamilton	6.50
W75	1	H.Doherty	7.88

**MEN****60 METRES**

M30	1	T.Venema	7.50	
	2	G.Hamilton	8.04	
M35	1	G.Cox	7.94	
	2	G.Scully	8.07	
	2	M.Griffiths	8.07	
M40	1	G.Parkinson	8.02	
	2	M.Alcorn	8.69	
	3	G.Rowley	8.80	
M45	1	I.McLean	7.87	
	2	C.Bruce	8.42	
	3	C.McInnes	8.64	
	4	G.Denman	9.09	
M50	1	H.Bristow	8.43	
		T.Collins	8.59	vis
M55	1	G.R.Cox	9.15	
M60	1	W.Cousins	8.48	
	2	J.Wight	8.48	
	3	P.Kennedy	9.17	
	4	P.Chaplain	9.27	
	5	R.Milnes	9.43	
	6	W.Spalding	11.17	
M65	1	C.Buyers	8.47	
	2	L.Daley	9.66	
	3	A.Lakin	10.11	
M70	1	I.Rogers	10.74	
	2	B.Smith	10.97	
M80	1	M.Dauphinnet	11.52	
	2	R.Grigg	13.35	

**100 METRES**

M30	1	T.Venema	11.97	
	2	G.Hamilton	12.71	
		L.McLean	18.44	vis
M35	1	G.Cox	12.54	
	2	J.Burt	12.62	
	3	M.Griffiths	12.85	
	4	G.Scully	12.88	
M40	1	G.Rowley	14.10	
M45	1	I.McLean	12.42	
	2	I.Hughes	12.84	
	3	C.Bruce	13.52	
	4	C.McInnes	13.66	
	2	G.Denman	14.18	
	6	R.Gibson	14.63	
M50	1	H.Bristow	13.36	
		T.Collins	13.93	vis
M55	1	G.R.Cox	14.38	
M60	1	W.Cousins	13.54	
	2	J.Wight	13.86	
	3	P.Chaplain	14.66	
	4	P.Kennedy	14.86	
	5	R.Milnes	15.18	

6	D.Burt	16.40	
7	W.Spalding	16.79	
8	R.Dominish	16.94	
M65	1	C.Buyers	13.61
	2	L.Daley	16.41
M70	1	J.Cooper	14.40
	2	K.Daniels	15.68
	3	I.Rogers	17.87
	4	B.Smith	19.19
M80	1	M.Dauphinnet	19.86
	2	R.Grigg	22.43

**200 METRES**

M30	1	T.Venema	24.38
	2	G.Hamilton	25.69
M35	1	J.Burt	24.89
	2	G.Cox	25.32
M40	1	G.Parkinson	25.58
	2	G.Rowley	29.23
M45	1	I.McLean	24.86
	2	C.McInnes	27.10
	3	C.Bruce	27.67
	4	G.Denman	28.36
	5	R.Gibson	29.68
M55	1	N.Manefield	29.04
M60	1	J.Wight	28.62
	2	W.Spalding	33.98
	3	R.Dominish	35.12
M65	1	C.Buyers	27.19
	2	A.Lakin	33.67
	3	L.Daley	33.83
M70	1	J.Cooper	31.08
	2	K.Daniels	32.49
M80	1	M.Dauphinnet	41.22

**300 METRES**

M30	1	G.Hamilton	41.87
M35	1	G.Cox	41.13
	2	G.Scully	42.94
	3	R.Norris	43.94
M40	1	G.Rowley	45.75
M45	1	G.Denman	43.55
	2	R.Gibson	44.05
	3	P.Collie	53.31
M55	1	N.Manefield	44.10
M60	1	P.Chaplain	47.91
M65	1	C.Buyers	42.47
	2	F.Turner	48.14
M70	1	K.Daniels	52.92
	2	B.Smith	77.45

**800 METRES**

M40	J.Bell	2.42.64	vis
	A.Crocker	2.44.99	vis
M45	1	J.Crook	2.31.91
M60	1	S.Ryan	2.33.59
	2	R.Dominish	2.58.37
	3	D.Burt	2.59.45
	4	B.McGaffin	3.13.68
M70	1	B.Morling	2.52.74

**5000 METRES**

M40	1	J.Treschman	18.19.88	
		J.Bell	22.31.56	vis
M45	1	J.Crook	20.41.04	
M55	1	R.Peters	19.15.21	
	2	P.Circosta	29.18.68	
	3	J.Musters	30.18.19	

**5000m TRACK WALK**

M75	1	T.Lynch	37.47.31
M80	1	R.Grigg	45.43.82

**300m HURDLES Discount**

M35	1	R.Norris	43.52
M60	1	M.Lafferty	69.46

**400m HURDLES Discount**

M35	1	J.Burt	65.42
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**4 x 200m RELAY**

M30+	1	R.Norris, G.Hamilton, T.Venema, J.Burt	1.38.49	QR
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**RESULTS QMA****17/01/09 SATURDAY****QSAC MAIN STADIUM**

<u>LONG JUMP</u>		
M35	1	G.Scully 5.52
	2	J.Burt 5.30
	3	M.Griffiths 5.20
	4	G.Cox 5.08
M45	1	P.Collie 3.58
M60	1	P.Kennedy 4.56
	2	R.Dominish 2.92
M65	1	L.Daley 3.42
	2	A.Lakin 2.59
M70	1	K.Daniels 4.02
	2	B.Smith 2.95
<u>TRIPLE JUMP</u>		
M35	1	G.Cox 10.87
	2	R.Franke 8.63
M65	1	A.Lakin 6.11
M70	1	B.Smith 6.23
<u>HIGH JUMP</u>		
U30		R.Tratt 1.30 vis
M35	1	M.Griffiths 1.55
M55	1	J.Musters 1.40
M60	1	P.Kennedy 1.30
M70	1	B.Smith 1.10

<u>POLE VAULT</u>		
M40	1	M.Aicorn 2.30
<u>JAVELIN THROW</u>		
M30		R.Tratt 25.96
M35	1	J.Burt 41.15
	2	R.Franke 27.52
M45	1	P.Collie 28.22
	2	J.Crook 23.22
	3	C.Bruce 21.16
M55	1	J.Musters 20.75
M60	1	W.Spalding 22.34
	2	R.Dominish 20.01
M65	1	G.Quarterman 35.75
M70	1	K.Daniels 31.57
	2	I.Rogers 19.64
	3	B.Smith 18.80
M75	1	E.Saarinen 33.68
M80	1	M.Dauphinat 18.01
M85	1	T.Vickers 9.20

<u>DISCUS THROW</u>		
M35	1	D.Haworth 46.94
	2	R.Franke 32.24
M45	1	P.Collie 19.58
M55	1	N.Manefield 25.00
M60	1	D.Quinn 33.10
	2	R.Dominish 26.50
M65	1	G.Quarterman 32.22
	2	F.Turner 24.30
M70	1	K.Daniels 25.81
	2	I.Rogers 21.70
	3	B.Smith 16.59
M80	1	M.Dauphinat 21.10
M85	1	T.Vickers 9.03
<u>SHOT PUT</u>		
M35	1	D.Haworth 13.81
	2	R.Franke 9.93
M55	1	J.Musters 8.99
	2	N.Manefield 8.20
M60	1	D.Quinn 10.72
	2	R.Dominish 8.07
M65	1	G.Quarterman 9.23
M70	1	B.Smith 6.88
M85	1	T.Vickers 4.81